



## AGING INTERNET INFORMATION NOTES empowering users to explore internet resources

### Older Women

(See Also: [Caregiver Resources](#), [Hormone Replacement Therapy](#), and [Osteoporosis](#))

- [Consumer Information](#)
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The longevity of women in our society is one of many differences between men and women that make the study of gender a focus of public policy. Life tables indicate a White female born in the United States in 1999 has a fifty % chance of living to 80 (79.9). Nearly half of women aged 65 years old in 1998 were widowed and 70% of them lived alone. In five years (2005), 70% of the nearly 5 million older adults age 85 and over in the United States will be women. The majority of this age group will need assistance in more than one activity of daily living. A significant number will have or be at risk of some form of dementia. To meet these challenges, older women will need substantial increases in assets to generate income to maintain independence. Links on this page include consumer web sites, national organizations, research centers, and statistical data that help define issues that must be addressed in the new millennium.

### Consumer Information

#### **Social Security Information for Women**

(U.S. Social Security Administration)

<http://www.ssa.gov/women/index.htm>

#### **Women & Pensions**

(National Center on Women and Aging)

<http://www.wiser.heinz.org/pensions.html>

#### **Older Women's Health**

(Office of Women's Health, U.S. Department of Health and Human Services)

<http://www.4woman.gov/owh/older.htm>

## **Wise and Wonderful: The Mature Woman A Self-Care Booklet**

(National Woman's Health Resource Center)

[http://www.chpa-info.org/publications/FSCH/mature\\_women.html](http://www.chpa-info.org/publications/FSCH/mature_women.html)

## **Controlling Blood Pressure: A Guide for Older Women**

(Alliance for Aging Research\_

<http://www.agingresearch.org/brochures/bilingual/main.html>

## **National Advocacy Organizations**

### **Aging Specific**

#### **Older Women's League – OWL**

<http://www.owl-national.org/>

#### **Older Women's Network (Canada)**

<http://www.olderwomensnetwork.org/>

#### **Older Women's Network (Australia)**

<http://www.own.org.au/>

#### **Older Women's Network (Europe)**

<http://www.own-europe.org/>

#### **Red Hat Society**

<http://redhatsociety.com/>

#### **Supportive Older Women's Network**

<http://www.sown.org/>

### **Other**

## **Members**

### **National Council of Women's Organizations**

<http://www.womensorganizations.org/>

### **National Women's Law Center**

<http://www.nwlc.org/>

## **Research and Resource Centers**

### **Aging Specific**

#### **Mature Women's Health Research**

(Magee-Women's Research Institute)

<http://www.mwri.magee.edu/html/maturewomen.htm>

**National Center on Women and Aging**  
<http://heller.brandeis.edu/national/ind.html>

**Women's Institute for a Secure Retirement**  
<http://www.wiser.heinz.org/>

**Power Center**  
(Women's Institute for a Secure Retirement &  
National Center on Women and Aging)  
<http://www.wiser.heinz.org/powercenter.html>

**Gender Aspects of Ageing**  
(United Nations)  
<http://un-instraw.org/ageing/>

Other

**National Women's Health Center**  
<http://www.4woman.gov/index.htm>

Web Sites for Older Women ([See also Internet and Older Adults](#))

**In Her Prime**  
<http://www.inherprime.com/>

**Senior Women Web**  
<http://www.seniorwomen.com/>

**WomensSage**  
<http://www.womansage.com/>

Statistics

Demographics

**Sex by Single Years of Age – Census 2000**  
(U.S. Bureau of the Census)  
[http://factfinder.census.gov/servlet/DTable?ds\\_name=DEC\\_2000\\_SF1\\_U&geo\\_id=01000US&mt\\_name=DEC\\_2000\\_SF1\\_U\\_PCT012](http://factfinder.census.gov/servlet/DTable?ds_name=DEC_2000_SF1_U&geo_id=01000US&mt_name=DEC_2000_SF1_U_PCT012)

**Annual Population Estimates by Age Group and Sex, Selected Years from 1990 to 2000**  
(U.S. Census Bureau)  
<http://eire.census.gov/popest/archives/national/nation2.php>

**Annual Population Estimates by Sex, Race and Hispanic Origin, Selected Years from 1990 to 2000**

(U.S. Census Bureau)

<http://eire.census.gov/popest/archives/national/nation3.php>

**(NP-T3) Projections of the Total Resident Population by 5-Year Age Groups, and Sex with Special Age Categories: Middle Series, 1999 to 2100**

(U.S. Census Bureau)

<http://www.census.gov/population/www/projections/natsum-T3.html>

**Households, by Type, Age of Members, Region of Residence, and Age, Race and Hispanic Origin of Householder: March 2000**

(U.S. Census Bureau)

<http://www.census.gov/population/socdemo/hh-fam/p20-537/2000/tabH2.pdf>

**Health**

**The Women's Health and Aging Study - Health and Social**

Characteristics of Older Women with Disability

<http://www.nih.gov/nia/edb/whasbook/title.htm>

**Section 6: Women, disability and aging - Chartbook on Women and Disability in the United States**

[http://www.infouse.com/disabilitydata/womendisability\\_6\\_intro.html](http://www.infouse.com/disabilitydata/womendisability_6_intro.html)

**Healthy Women – State Trends in Health and Mortality**

(National Center for Health Statistics)

<http://www.cdc.gov/nchs/healthywomen.htm>

**Gender and Aging: Mortality and Health (1998)**

(U.S. Bureau of the Census)

<http://www.census.gov/ipc/prod/ib98-2.pdf>

**Life expectancy at birth by race and sex: United States, 1940, 1950, 1960, and 1970-96**

(National Center for Health Statistics)

[http://www.cdc.gov/nchswww/datawh/statab/pubd/47\\_9st6.htm](http://www.cdc.gov/nchswww/datawh/statab/pubd/47_9st6.htm)

**Women's Health Highlights**

(Agency for Health Care Quality and Research)

<http://www.ahrq.gov/research/womenh1.htm>

**Gender and Aging: Demographic Dimensions (1997)**

(U. S. Bureau of the Census)

<http://www.census.gov/ipc/prod/ib-9703.pdf>

## Employment

### **National Longitudinal Surveys: Mature Women User's Guide (2001)**

(Bureau of Labor Statistics, U.S. Department of Labor)

<http://www.bls.gov/nls/mwguide/2001/nlsmwgC.pdf>

### **The Labor Force Participation Of Older Women: Retired? Working? Both?**

(Bureau of Labor Statistics, U.S. Department of Labor)

<http://stats.bls.gov/opub/mlr/2002/09/art4exc.htm>

### **Women Paid Low Wages: Who They Are and Where They Work**

(Bureau of Labor Statistics, U.S. Department of Labor)

<http://stats.bls.gov/opub/mlr/2000/09/art3abs.htm>

### **Women's Earning Growth Higher Than Men's at All Education Levels: 1979-2000**

(Bureau of Labor Statistics, U.S. Department of Labor)

<http://stats.bls.gov/opub/ted/2001/aug/wk2/art04.htm>

## Caregivers

### **Gender and Aging: Caregiving (1998)**

(U.S. Bureau of the Census)

<http://www.census.gov/ipc/prod/ib-9803.pdf>

## Congressional Reports and Hearings

### **Settling for Silver in the Golden Years: The Special Challenges of Women in Retirement Planning and Security, Hearing (May 23, 2002)**

(U.S. Senate Special Committee on Aging)

Testimony: <http://aging.senate.gov/events/052302.html>

### **Women and Aging: Bearing The Burden Of Long-Term Care**

(U.S. Special Committee on Aging)

<http://aging.senate.gov/events/020602.html>

### **Women's Health: NIH Has Increased Its Efforts to Include Women in Research-Letter Report, 05/02/2000, GAO/HEHS-00-96**

(General Accounting Office)

<http://www.gao.gov/archive/2000/he00096.pdf>

### **Social Security Reform: Implications for Women's Retirement Income**

(General Accounting Office)

Letter Report, 12/31/97, GAO/HEHS-98-42)

<http://www.gao.gov/archive/1997/he97112t.pdf>

### **The Impact of Social Security Reform on Women**

(Senate Special Committee on Aging)

<http://aging.senate.gov/oas/hr33.htm>

## Articles

### **Relationship of Changes in Physical Activity and Mortality Among Older Women**

(Journal of the American Medical Association)

<http://jama.ama-assn.org/cgi/content/abstract/289/18/2379>

### **Unjust Desserts – Financial Realities of Older Women**

(International Longevity Center – USA)

<http://www.ilcusa.org/lib/pdf/unjustdesserts.pdf>

### **In Brief: The Impact of Social Security Reform on Low-Income and Older Women**

(Public Policy Institute, AARP)

[http://research.aarp.org/econ/inb57\\_ssreform.html](http://research.aarp.org/econ/inb57_ssreform.html)

### **2002 National Poll: Women 50+**

(National Center on Women and Aging)

<http://www.heller.brandeis.edu/national/research.htm - National Poll>

### **Women and Long Term Care**

(Public Policy Institute, AARP)

[http://research.aarp.org/health/fs77r\\_women\\_2002.html](http://research.aarp.org/health/fs77r_women_2002.html)

### **50+ Women: Aging Better than Expected**

(Caregiving Resource Center)

[http://atsh.org/news/aging\\_women.html](http://atsh.org/news/aging_women.html)

### **The Impact of Social Security Reform on Low Income And Older Women**

(Public Policy Institute, AARP)

[http://research.aarp.org/econ/2002\\_11\\_ssreform.html](http://research.aarp.org/econ/2002_11_ssreform.html)

### **Poverty Dynamics Among Mature Women: Evidence from the National Longitudinal Surveys, 1967-1989**

(U.S. Bureau of Labor Statistics)

<http://stats.bls.gov/ore/abstract/nl/nl950010.htm>

### **Retirement in a Family Context: A Structural Model for Husbands and Wives**

(U.S. Bureau of Labor Statistics)

<http://stats.bls.gov/ore/abstract/nl/nl940010.htm>

### **Long-Term Care: Studies Show Women Face Potentially Greater Financial Risk**

(U.S. Conference of Mayors)

[http://www.usmayors.org/uscm/us\\_mayor\\_newspaper/documents/07\\_17\\_00/care\\_article.html](http://www.usmayors.org/uscm/us_mayor_newspaper/documents/07_17_00/care_article.html)

### **Long Term Care: Women**

(Citizens for Long Term Care)

[http://www.citizensforltc.org/issues\\_women.htm](http://www.citizensforltc.org/issues_women.htm)

### **Women and Long Term Care**

(Public Policy Institute, AARP)  
[http://research.aarp.org/health/fs77\\_women.html](http://research.aarp.org/health/fs77_women.html)

**Older Women's Access to Health Care: Potential Impact of Medicare Reform**

(Public Policy Institute, AARP)  
[http://research.aarp.org/health/inb20\\_women.html](http://research.aarp.org/health/inb20_women.html)

**Literature Review of the Status of Research on the Transportation**

And Mobility Needs of Older Women  
(National Highway Traffic Safety Administration)  
<http://www.nhtsa.dot.gov/people/injury/olddrive/nsrpt.html>

**Public Attitudes Toward Aging, Beauty and Cosmetic Surgery**

(Public Policy Institute, AARP)  
[http://research.aarp.org/consume/cosmetic\\_1.html](http://research.aarp.org/consume/cosmetic_1.html)

**Women in Europe: Towards Healthy Ageing**

(European Institute of Women's Health)  
<http://www.eurohealth.ie/report/>

**Older Women's Market is Sleeping Giant**

(Aging Venture News Service)  
<http://www.demko.com/cs980616.htm>

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**Center for Communication and Customer Services**

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